

# WHY LEARN SELF DEFENSE?

## STATISTICS:

Keep in mind, statistics change every year.

They can also be mis-leading. Statistical data only represents the information that is reported. How many crimes are never reported? How accurate is the information that is reported?

## **Crime Statistics** are startling:

- Aggravated assaults = 916,380 – one Aggravated Assault every 34 seconds
- Violent Crime = 1, 430,690 – one Violent Crime every 22 seconds
- Murder = 15,530 – one Murder every 34 minutes
- Forcible Rape = 89,110 – one Rape every 6 minutes
- 5.2 million violent crimes and 18.7 million property crimes occurred in 2004 in the United States
- Every 2.5 minutes a sexual assault is committed somewhere in America
- 7 out of 10 sexual assault victims know their offender
- **A woman who fights back gains an 86% chance of avoiding the rape (Kleck and Sayles, 1990)**

Statistics differ, but they all say the same thing – we need to take be proactive in becoming educated about preventing violent behavior.

## **BENEFITS OF SELF DEFENSE TRAINING**

- Helps families become closer through the physical and emotional interaction required in learning to deal with conflict
- Develops a greater sense of balance and fine motor skills
- Increases self confidence and self-control for all areas of life
- Creates a new level of respect for others
- Provides and energy outlet (stress relief) through physical training
- Develops assertiveness while reducing aggressiveness
- Increases awareness of the benefits of a healthy and fit lifestyle

- Promotes a higher level of mental (what is happening around you), emotional (your emotional state, as well as the emotional state of those with whom you interact), environmental (aware of your surroundings) and physical awareness in everyday work and social interactions.
- Enhances patience
- Helps you take control of your emotional well-being
- Teaches you to recognize, handle and manage fear in all aspects of life
- Develops the most powerful weapon available – your intelligence!
- Teaches quick decision-making
- Helps to overcome complacency and bad habits that can make you a prime target for victimization

# PHILOSOPHY OF PERSONAL SECURITY

The words “personal security” or “personal safety” are used interchangeably with the words “self defense”. Webster’s dictionary provides the following definitions:

**Personal** – private, individual; done in person; involving human beings

**Safety** – being safe, secure; any device for preventing accidents

**Security** – freedom from fear, doubt; protection, safeguard

**Self** – the identity, character, or essential qualities of any person or thing; one’s own welfare or well-being

**Defense** – defending against attack

**Pro Active** – (Pro) before, in place and time; (Active) causing motion or change

**Self Defense** – defense of oneself or of one’s rights, beliefs, actions, etc.

The most essential human need – beyond the need for air, water, shelter, and food – is to be safe (Maslow's Hierarchy of Human Needs). **To be safe is:**

- **90%** awareness, knowledge, self-esteem, attitude, confidence and choice
- **10%** strategy, de-escalation language, physical defense tactics, and protective tools and technology.

- **ASSAILANTS**

- Who are the people we need to look out for? Can they be identified by their looks? By where they hang out? By who they are with? By any specific characteristics or criteria? There are many types of “bad” guys in today’s society. It is very difficult, if not impossible to simply identify who is bad and who is not, according to any specific criteria. Intuition, instincts, sixth sense, gut feeling are very good ways to identify the “bad” guys, places or situations. Be observant and aware, have common sense and trust your intuition

# Type of people attackers / criminals are more likely to act out upon:

- Long hair (pony-tail, brain, bun)
- Loose clothing
- Sidetracked by cell-phone, etc.
- Time of day (between 5 and 8:30am)
- People in parking garages or public restrooms
- Easy to take to “Point B”
- Lacking confidence or healthy lifestyle
- Non-aggressive individuals
- Those not carrying a device which could be used as a weapon.



# **FOUR STAGES OF PERSONAL SECURITY**

**1. Recognize and Avoid Conflict** – Learn to recognize potentially negative confrontations and avoid those situations if and when possible. The word “avoid” does not always mean physically staying away from

## 2. Verbally Deal With Conflict

- - Communicate - If unable to avoid potential conflict situations, always remain alert and aware. Try to handle them verbally.
- Maintain a calm and confident appearance
- Maintain physical balance on both feet at all times
- Talk calmly
- Prepare for movement
- Keep moving your limbs, if allowed to, slowly
- Cooperate with an aggressor (without increasing the danger)
- Act as if you know the aggressor

### 3. Depart from Conflict – Exit

- – Leave the area as quickly as possible. Avoid getting into a vehicle or going into a strange building with an aggressor; that would eliminate any control you have over where you are and where you are going.

## 4. Physically Defend From Conflict

- The very last recourse is to fight. If all attempts to resolve the conflict peacefully have been exhausted and the first three stages have been completed, you are then and only then forced to physically defend yourself. You must do it with 150% effort

- If there is an opportunity to make noise, DO IT! Yell “FIRE!” or “MY BABY” not “HELP!” Everyone wants to see a FIRE, but no one wants to “get involved” to HELP!
- Physical counter to an aggressive action must be done by reaction, without thought. There can be no delay or hesitation once the decision has been made that physical self defense is **the only choice**
- ECONOMY OF MOTION! Once the decision is made that physical defense is required in a situation, you must know when to strike, where to strike, and what to use when striking. Do not stop until the attacker either retreats or you have completely subdued the person. Don't stop until they drop!
- Exit immediately to contact authorities!

# STEPS TO SAFETY (Used throughout an attack)

- Be vocally aggressive (Scream “fire!”, “stop!”, etc.)
- Face the attacker
- Be balanced (wide and low stance)
- Don’t allow the attacker to take you to “Point B” (Give 100% of your energy)
- Make an escape (When contact is broken, run!)
- Seek help (Go to a public area, find the police)

# Major Pain Points (used to weaken the attacker):

- Eye gouge (use thumbs)
- Nose strike (palm of hand or head)
- Ear strike (cup the hands) or ear pull (earrings)
- Throat strike (open-handed)
- Pinky pull (away from other fingers)
- Strike to the groin (fist, knee, foot)
- Knee strike (from front)
- Shin kick (toes up)